

In January

Task of the Month

Use Less Hot Water

*and Turn Down
the Heat!*



Check the temperature of your hot water. If it feels too hot straight from the tap, *turn it down* to the recommended **120° F**.

Rinse dishes and wash your hands in cool water, especially if your water heater is located far from your faucet.

Did you know?

Heating water can use as much energy as the rest of an average household's (non- heating/cooling) electric appliances combined!



Earth Care Bloomington

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In February

Task of the Month

Reduce the Impact of What We Eat —and Don't Eat!

Plan a meat-free and dairy-free day (or two!) each week:

Plant-based diets are healthier for people and the Earth!

Americans consume more than **two times** the amount of **red meat** than the global average, so we have a dis-proportional impact on our Earth.

An estimated 30% of food is wasted, much of it at the transport and sales end. But buying only what you are sure to eat will reduce waste along the supply chain.

Reduce food waste:

- ❖ Plan meals before shopping to avoid spoilage;
- ❖ Compost your food scraps to keep them out of the landfill.



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Reduce the Impact of Local Travel

Did you know?

When it combines with oxygen as you drive, each gallon of gasoline emits 19.6 pounds of CO₂ in addition to the 5 pounds of CO₂ emitted before it reaches the pump!

Drive less

Cutting back about 6 miles per day saves 2000 miles a year!

- ❖ Take a bus.
- ❖ Bike or walk.
- ❖ If you drive, combine trips.
- ❖ Carpool to work and to your house of worship.
- ❖ Work from home when possible.

Don't idle!

Idling while parked pollutes unnecessarily. An engine restart uses approximately the same amount of fuel as idling for ten seconds and causes less wear than idling.



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In April

Task of the Month

Cut Your Long-Distance Travel Footprint



The Impact of Air Travel

In 2018 the aviation industry accounted for **11%** of all transportation-related emissions in the US and worldwide air travel is forecasted to grow.

TRAVEL TIPS

- ❖ Eliminate one or more professional meetings or business trips.
- ❖ When you need to fly, try to fly nonstop and fly Economy Class.
- ❖ Going on vacation? Look for destinations closer to home.
- ❖ Take a bus or train if time allows, especially for one or two travelers.
- ❖ For a family going under 1000 miles, drive the most efficient car possible instead of flying.

Calculate your carbon footprint:

If you have your utility bills and car mileage from the past 12 months, you can calculate your family's carbon footprint at <https://tinyurl.com/HomeFootprint>



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In May

Task of the Month

Set your thermostat to 78°F or higher when home, and higher when you are away

To keep cool on a hot day

- Run a fan in the room you're in.
- Dress for the weather.
- Drink cool liquids.



Ceiling fans help you feel cooler; but turn them off when you leave a room!

Take advantage of cooler nighttime temperatures:

- ❖ On cool nights, exhaust hot indoor air, pulling in cooler outside air;
- ❖ Then close windows, blinds and curtains to keep out the sun and hold in the cooler air.

Humidity Problems?

Run your AC early in the morning to reduce humidity, then turn up the thermostat and close the blinds or curtains to keep out the hot sun.



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In June

Task of the Month

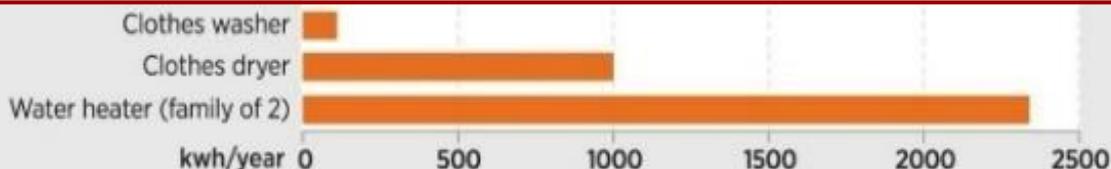
Low-energy laundry



Air dry year 'round!

Hang clothes indoors in the winter to improve comfort since heating dries your air.

Clothes dryers are second only to water heaters in energy used in laundry, so **washing in cold water** and hanging your clothes to dry save energy and money. (NOTE: Warm water isn't better than cold.) Touch up in a dryer when almost dry if needed.



What if my laundry is very dirty?

- ❖ Presoak heavily-soiled clothes in cold water.
- ❖ Wash *greasy* things in hot.



Avoid plastic by using powdered detergent



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In July

Task of the Month

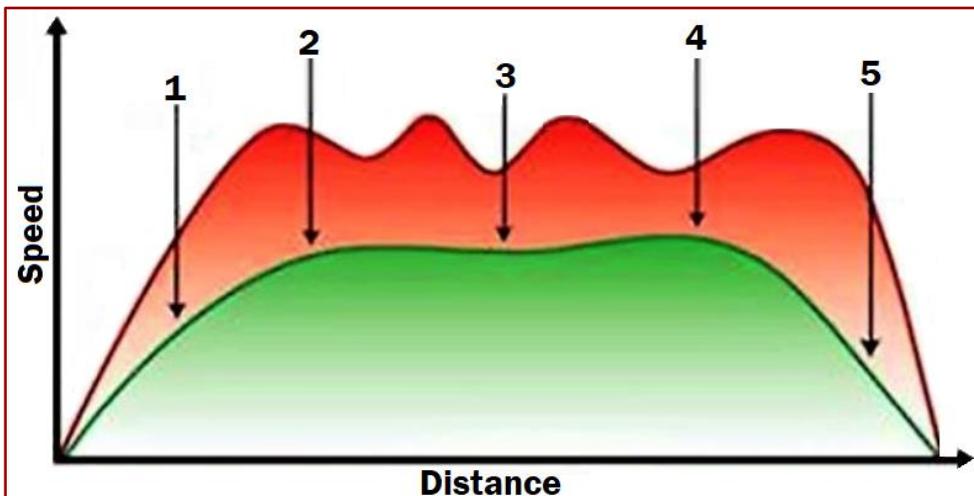
Drive Efficiently!

Replacing a car?

Invest in the most efficient type you can afford.

PRACTICE EFFICIENT DRIVING HABITS

- ❖ Combine trips: shop on your way home from work.
- ❖ Use GPS to find the most efficient route given current traffic:
 1. Accelerate gently.
 2. Maintain a steady speed.
 3. Anticipate traffic flow.
 4. Avoid high speeds.
 5. Coast to decelerate.



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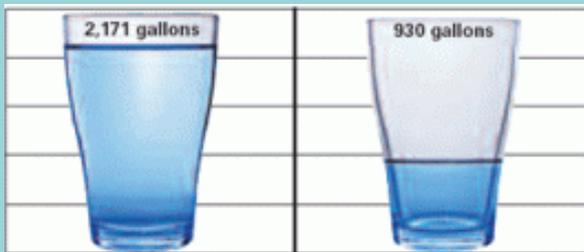
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In August

Task of the Month

**Take shorter showers.
Install low-flow
showerheads and
faucet aerators.**

Annual Gallons Saved:
Showerhead Faucet Aerator



**Saving water also saves
the city electricity:**

- ❖ It takes electricity to pump water from its source to a water treatment plant.
- ❖ It takes more to make it potable.
- ❖ And it takes still more to get it to your house.

Save Energy, Save Money

- ❖ A three-person household can save up to \$59 a year by reducing their showers to five minutes.
- ❖ Shower and faucet flow restrictors can save another \$17.00.

Duke Energy customers may qualify for free faucet aerators and low-flow showerheads as part of a **Home Energy House Call**

**What uses the most
water in our homes?**

Traditional toilets use over **25%** of household water.

Installing plastic bottles filled with water in the tank can save over a gallon per flush.



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In September

Task of the Month

Insulate your attic

Suggested insulation levels:

Zone 5: R49-60 (12" – 14")

Zone 4: R38-60 (10" – 14")



according to
ENERGY STAR®

How am I doing?

ENERGY STAR's Home Advisor
https://www.energystar.gov/campaign/improvements/how_it_works/home_performance_assessment

will allow you to compare your home's energy use to that of homes of a similar size and age.

Before insulating, seal gaps in the attic floor around pipes, ceiling lights and fans.

DON'T WAIT TO INSULATE!

Your home will be more comfortable, and your energy savings will start immediately.

Save on your utility bills:

Keep your cooling and heating system at peak performance by having a contractor do annual pre-season check-ups.*

*Reduce the cost of service by signing up for twice yearly pre-season assessments.



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Find and seal air leaks

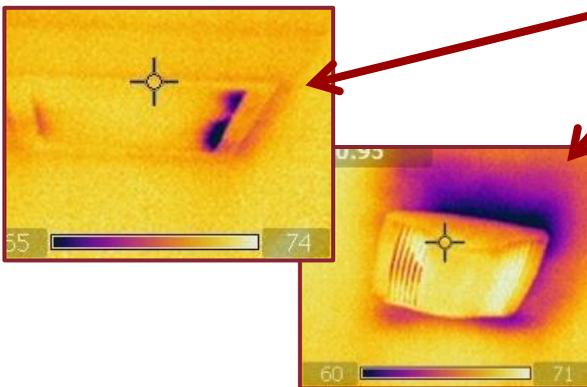
Insert an inflatable draft stopper in your fireplace



Air leaks can be like leaving a window open all the time! Fill or cover gaps with caulk, expanding foam or rigid insulation board.

Have hard-to-find leaks?

Thermal cameras can show where air is leaking in.



Need help location problems?

Duke Energy customers can have a **free** Home Energy House Call where an energy efficiency expert points out problem areas.

Where to look for leaks?

- Fireplace dampers.
- Door and window frames.
- Electrical and gas service entrances.
- Baseboards.
- Weather stripping around doors.
- Around wall or window air conditioners.
- Cable TV and phone lines.
- Where dryer vents pass through walls.
- Attic hatches.
- Vents and fans.
- Electrical outlets.
- Switch plates.

Foam outlet & switch plate inserts are effective and easy to install.



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In November

Task of the Month

**Lower thermostat
by at least**

**2° during the day
4° overnight**

Be sure to turn down the thermostat before you leave for the day!

You can save 2% on your heating bills for each 2° you turn down your thermostat for 8 hours per day or night.



Installing a **programmable thermostat**

is an easy way to save energy and money. It allows you to set your home's temperature for different times of day, and different days of the week.

Unsure how much to change your thermostat?

When home, start with a 1°F change, take time to adjust, then try a 2nd degree lower, then a 3rd degree lower!

Often home alone?

Just heat the rooms you spend time in, wear layers, drink warm beverages, move around frequently or use a blanket on your lap when sitting for long periods.



For more information, especially if you have a **heat pump, electric resistance heating, steam heat, or radiant floor heating**, see: <http://energy.gov/energysaver/articles/thermostats>



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In December

Task of the Month

Buy Less Stuff!

What we consume accounts for 16% of the average American's energy use.

When we buy less stuff, we simplify our lives and save money as well as lowering our carbon footprint.

Give experiences for the holidays: a zoo or museum membership!

Local resources where your purchases help Monroe County residents:

Opportunity House, My Sister's Closet, Habitat for Humanity Restore, Bloomington Thrift Shop, Monroe County Public Library Book Sale, Salvation Army and Goodwill.

When you shop, get in the habit of bringing your own bags.



What's the environmental impact of a plastic bottle?

The Pacific Institute estimates that the energy to produce, fill, seal and label each bottle, plus the energy for shipping and recycling or (worse!) disposing of it, is equivalent to filling the bottles $\frac{1}{4}$ full with oil.



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